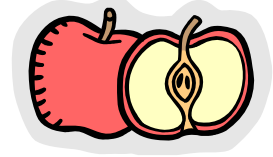


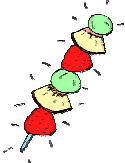
Healthy Snack Ideas



A healthy snack will re-energize your child during morning recess!



- Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini served with a low fat dip



- Fresh fruit in season, cut in slices or halves, such as apples, oranges, bananas, peaches, grapefruit, grapes, melons, pears, plums or strawberries (Toss apples, pears or bananas in lemon or orange juice to prevent discoloration!)



- Low fat quick breads and muffins, such as pumpkin, zucchini, banana or bran



- Non-sugared cereals, snack mixes made with popcorn and whole grain cereal

- Low fat yogurt with fresh, frozen or canned fruit.

- Raisins, nuts, granola mixes



- Dried fruits

- Bagel with cream cheese

- Crackers and cheese



- Popcorn or pretzels

- Rice Cakes

Snack Tips

- A snack is like a small meal, so it should be just as nutritious as the meals you serve in your home.
- Avoid high sugar, fatty and salty snacks, such as chips, candy and soda pop.
- Send a snack to school each day that can be consumed within 10 minutes during morning recess.
- Remind your child to bring his or her snack each morning.
- When shopping, let children help pick out fruits, vegetables, and cheeses for snacks. They will be more interested in eating these foods if they have been involved in selecting them.